



Frequently Asked Questions

NAMIWalks Greater LA County Mental Health Festival

DATE AND TIME:

Saturday, May 4th, 2024 – 10am – 2pm

LOCATION:

[Los Angeles State Historic Park](#)

11799 N. Spring Street

Los Angeles, CA

DAY OF SCHEDULE

10:00 AM - 2:00 PM Activities and stage presentations

10:00 AM - Registration Open

10:00 AM - Opening Ceremonies

11:15 AM - WALK Start 5K

2:00 PM – Ends

PARKING

There is free street parking all around the park. There is (\$10) paid parking right in front of the Park. Come early!

PUBLIC TRANSPORTATION

Chinatown Gold L [Metro stop](#) is right at the Park.

Union station is very near.

Metro bike stations everywhere. <https://bikeshare.metro.net>

WHAT IF IT RAINS?

MENTAL HEALTH is important RAIN OR SHINE so you can count on the Walk ON - we won't let a little rain stop us! If we are experiencing severe weather conditions, we will email all registered participants, as well as share on our social media pages and website.



REGISTRATION

I registered online; do I need to check-in at the walk?

Not unless you get a T-Shirt for raising \$100. Everyone must be registered to be at the Walk.

I'm a Team Captain, can I check in my entire team?

Yes, you will get the T-shirts for \$100 fundraisers and Registrations forms for those that haven't registered already online. Please coordinate to meet at your affiliate, information booth or day before at the Park. Let me know if it will be on Friday when we are setting up.

Do I need to register to walk?

Yes! Everyone walking must register (but don't worry, it's free!). Registration at the Walk is at 10:00 AM. We encourage you to register [ONLINE](#) now. If you are not registered by 2 pm on Friday, May 3rd then you will need to do same-day registration at the Walk.

Registration forms will be available on Walk Day and our volunteers will help get you registered quickly so you can enjoy the event!

Can I run instead of walk?

We are a non-competitive 5k walk, so the majority of people will be walkers. If you really want to run though- go for it! If you are running, please run off to the side and be considerate of our walkers!

I'm not sure that I/someone I am walking with can finish a 5k, but I/we still want to walk.

What can I do?

We've got you covered! If you are unable to complete the full 5k, you can head back to the Festival.

Are strollers allowed?

Yes! Strollers and wagons are allowed. We are family-friendly and hope to see lots of families on 4th!

Are dogs allowed?

Yes on leashes. Enter our dog costume contest. It will be on the stage at 10:15!

FUN STUFF

What types of activities are available at the Walk?

Community resource and sponsor booths, music, inspiring speakers, Activities for the whole family , Mind & Body Area (yoga, meditation, chi gong and more), & Sign making!

Should I bring food?

That's up to you! There will be Food Trucks and a coffee vendor.



DONATIONS

Can I donate offline or send in my check/cash donations prior to the Walk?

YES! We accept checks mailed to:

NAMI GLAC

515 S. Flower St. #1963

LA, CA 90071

Please make checks payable to: **NAMIWalks Greater LA County** (If you want the donations to go to an individual or team OTHER THAN YOURSELF, please include it in the subject line!)

Please include the name of the Walker that the donation should be applied to.

Can I donate at the Walk and how?

Yes - we encourage everyone to donate at the walk! You can donate by check, credit card at the registration Booth or on our QR Codes that will be everywhere. You can also log into www.namiwalks.org/lacounty to make a donation anytime right from your mobile device!

T-SHIRTS

I raised \$100 or More....I'm getting a Shirt, Right?

Yes! Either your Team Captain has all your t-shirts or go to the T-Shirt Booth. Although we do our best to have a large variety of sizes available (from Youth Small through Adult 5XL) it is impossible to predict what the needs will be on Walk Day.

I have 3 people who donated \$100 each to me (or my team) - do they get shirts?

No. Shirts are only for individual fundraisers who raise at least \$100.

Our team has 5 people and we raised a combined \$500, do we get 5 shirts?

No. Shirts are for individual fundraisers who raise at least \$100.

More questions?

NAMIWalks is designed to be a fun and inspiring day for all, but reaching our fundraising goal is equally important, as it allows us to continue and/or expand important NAMI programs throughout Greater LA County!

Email

gdepourtales@namiglac.org

213-386-3615 X #4

We are looking forward to seeing everyone at Los Angeles State Historic Park on May 4th - 10am - 2pm. Park opens at 8am.